

## Our Vision

Toddler groups are often a lifeline to parents as they provide support, encouragement, and friendship, as well as a safe place for babies and toddlers to make new friends and learn how to interact with others.

Our vision for Little Dolphins is for it to be a welcoming, fun, engaging, and enjoyable experience for all those who come along. We want everyone to enjoy being together!

## Session outline

- **10:30am - Doors Open**  
Toys, games and play areas will be set up and a quieter area for babies.
- **11:40am - Snack Time**  
Snack for children and tea/coffee and baking for parents/carers.
- **12 noon - End of Session**  
If you can, please help us tidy up at the end.



## Get In Touch

✉ [knockbainfreechurch@gamil.com](mailto:knockbainfreechurch@gamil.com)

☎ 07704 715 114

📍 Knockbain Free Church, Ferry Brae, North Kessock. IV1 3YH

**WEEKLY BOOKING IS ESSENTIAL AS SPACES ARE LIMITED!**

**REGISTER BY CALLING OR TEXTING:  
07704 715 114**



KNOCKBAIN FREE CHURCH IS A CHARITY REGISTERED IN SCOTLAND NO. SC 004591



# Little Dolphins

## Parent and Toddler Group

We're delighted to welcome you to Little Dolphins which runs every Thursday during term time from 10:30am to 12 noon at Knockbain Free Church, North Kessock.

We are open to babies and toddlers up to age 3 along with the adult responsible for looking after them. We also welcome mums to be, so it's bumps to age 3!

**KNOCKBAIN  
FREE CHURCH**

## Key information

- Spaces are limited so you must book in advance. Please call the booking number noted on the back page weekly, where you will have your place confirmed or be placed on a waiting list.
- Please sign the register at the entrance on arrival.
- We suggest a donation of £1 per family and all donations are reinvested in the Little Dolphins. If you feel unable to pay for whatever reason, please do not worry at all.
- You can leave your pram/buggy in the hallway leading into the church hall. Coat hooks are available.
- All Parents, Grandparents, Guardians and Childminders are responsible for the child(ren) in their care at all times during the session.
- Refreshments, toys, crafts and nursery songs/bible songs/stories will be available at each session. Please sit with your child during the singing time and encourage them to join in. If you want to lead a song or two, just let us know! We are keen this is a true group activity.
- Toilets and baby changing facilities are available inside the church building. If you forget something during a session please just ask.
- If your child(ren) have any infectious illnesses such as vomiting, diarrhoea, covid or chicken pox etc. then you must not attend until your health visitor or GP confirms when it is safe to return to group activities. The health, safety and well-being of all who attend Little Dolphins is very important to us and we need your help and cooperation to reduce any risk of infection to others, especially babies and pregnant women.
- In the unlikely event of a fire, fire alarms will sound and the volunteer team will direct you to the fire exits and the assembly point in the school car park.
- A first aid box is located in the kitchen and an accident book is maintained. In the event of an accident, volunteer leaders will advise of the group first aider.
- Relax, have fun and get to know each other!

## About our church

Little Dolphins is run by Knockbain Free Church which is part of the Christian denomination of the Free Church of Scotland. As we are a Christian church and our volunteers who run the group are Christians, there will be a Christian theme and ethos to certain activities we do. If you have any questions about this please feel free to ask or look online to find out more about what we believe:

[www.knockbainfreechurch.org](http://www.knockbainfreechurch.org)

All our leaders are volunteers and are members of the PVG Scheme and are trained in Safeguarding. For more information on our Safeguarding policy please visit: [www.freechurch.org/safeguarding](http://www.freechurch.org/safeguarding) or ask one of our leaders who can provide you with a paper copy.

### Sunday Services

12 noon - Morning service with Crèche and Sunday School  
6:00pm - Evening service

Crèche Facilities are available during our morning services all year round.

Sunday School is available for P1-P7 children during term time.

*"He will tend his flock like a shepherd; he will gather the lambs in his arms; he will carry them in his bosom, and gently lead those that are with young."*  
- Isaiah 40 v 11

## Useful points to note

It is important that every member of the group feels relaxed, supported, safe, and has fun while they attend Little Dolphins.

Below are a few small and simple ground rules. Registering and attending each week is your agreement to follow these:

1. Your child's safety, the way he/she plays and interacts is your responsibility so you must intervene if you can see rough play taking place.
2. Listen graciously if a parent raises a concern about behaviour. Explore each other's points of view and remain friendly.
3. Look after and also encourage your children to look after the toys, equipment, hall, and each other.
4. We value your comments and feedback on the group so please feel free to let us know if you have concerns or suggestions.